

RAINBOW MESSENGER
AUGUST, 2005



WALKING: The banquet room will open for walking most weekday mornings at 8:00 a.m. If you walk 25 laps around the room you've walked a mile. The room is climate controlled for your comfort. Dates to watch for walking are as follows: Fridays, August 12th, 19th and 26th, no walking. Watch the bulletin board for other dates or changes. Thanks for your cooperation.



WALKING TRAIL: Don't forget we have the walking trail. For mornings, or cool days (or late afternoons) when you want to walk outside our trail is 1/3 of mile. We have benches located at various spots along the path. This path is made of wood chips, which is easier for you to walk on.



FITNESS ROOM: Our fitness room is open from 8 a.m. to 3:45 p.m. for you to use. We ask you to sign-in and out at the receptionists' desk. The fitness room is located in the lower level. We have 2 treadmills, 3 recumbent bicycles, another stationery bike, plus a "Cybex" machine that gives you several different exercises to workout for different areas of the body.



BILLIARDS/POOL: You can enjoy playing pool Monday, Tuesday, Thursday and Friday from 8:00 a.m. to 3:45 p.m. We request you not **start your games on Wednesdays until 1:00 p.m.** We have a full size pool table plus a bumper pool table for you to play. Thanks for your cooperation. Bring your friends in for a friendly game of pool!!



EXERCISE CLASS: We have an exercise class which meets on Monday and Thursday mornings starting at 9:00 a.m. Our exercises are designed to keep your joints limber. We also do some stretching exercises and finish with the "Chicken Dance" and the "Hokey Pokey". Classes meet in Banquet Room August 1st and 4th then move back to lower level.



FREE COMPUTER ASSISTANCE: Do you have questions about how to use a computer? E-Mail? Use the Internet? Or anything else you would like to learn? We have Volunteers that come in on Wednesday mornings from 9:00 to 10:30 a.m. They will be glad to answer your questions and give you helpful tips!!

GAMES: Every Friday we offer games all day until 3:45 p.m. Bring your friends in for a fun afternoon. We have several different games for you and your friends to play. They are Rummicube, Double Nine Domino's, Scrabble, Tripoley and of course cards. These games are in the TV room on the main floor and available Monday-Friday for your enjoyment from 8:00 a.m. to 3:45 p.m. We also have: Ping Pong, Bumper Pool, Pool/Billiards and a portable Shuffle Board Court in the lower level. These games are available 8:00 a.m. to 3:45 p.m. weekdays except Wednesday, when we ask you to please wait until 1:00 p.m. to start your games.

SUNDAYS AT THE CENTER: Would you like the Center open on Sunday afternoons? If so, it is up to you to volunteer to open. Please call the Center at: 482-4455 the Monday before to volunteer so I can get it in the paper. Anyone volunteering to open the Center, the **Sunday hours are from 1:00 to 4:00 p.m.** Thanks for your cooperation. **The Older Americans will be closed for cards on Sunday, August 7th for the Strassenfest Parade.**

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CRAFTY CREW: Come and “Paint It” or “Craft It” and have fun with us. Learn new techniques every Tuesday from 9 a.m. – 12 p.m. Class fees will be

\$3.00 which includes use of some supplies.

Schedule for August:

August 2nd - “Flip-flops” by Doris

August 9th - Rock Art

August 16th - Clothes Pin Dolls

August 23rd - Texas Beads

August 30th - “Catch Up”



SINGING SENIORS: This month the Singing Seniors have two (2) singing engagements. First we’ll be singing at the **Providence Home on Friday, August 5th at 10:00 a.m.** Then we will be singing at **1:00 p.m.** as the entertainment for **AARP’s luncheon on Wednesday, August 10th.**

We’re taking a short vacation since the Banquet Room is busy the next few weeks. You can call in to see how Friday, August 26th is working out. Otherwise, we’ll start up Friday, September 2nd. Anyone who likes to sing plan to join us Friday mornings in September. If anyone is interested in accompanying or occasionally accompanying the Singing Seniors on Fridays, please give me a call at: 482-4455.



CARD TOURNEYS: This month we will offer a **Euchre Tourney on Thursday, August 4th** and **Sheephead Tourney on**

Thursday, August 18th. All tourneys start at 12:00 and will consist of six (6) games per tourney. Entry fee is \$1.00 a person. Prizes are awarded. Please sign-up by 10:00 a.m. the morning of the tourney. Hope you can join us.



BLOOD PRESSURE CHECKS will be held on **Tuesday, August 9th** from 11:30 a.m. to 12:00 noon at the Arnold F. Habig Community Center.

BINGO: Join us for Bingo on **Tuesday, August 9th, 23rd and 30th.** Since there are 5 weeks this month we will have another bingo on the 30th. It’s much easier to collect/pay now. We not only need the number of cards you will be playing but will be collecting \$1.00 per card. We are going to play 50 games per day at \$.02 a card which equals \$1.00 per card. If you play 4 cards, you will need to pay \$4.00, etc. If you are only going to stay until break, you pay \$.50 per card for the day. Sorry but these will be your only options 25 or 50 games. Someone will be collecting the money starting at 11:30 a.m. so games start at 12:00 p.m. We will now be taking donations for the coverall in a container up front. Coverall will max out at \$10.00; anything over will be used for another time. If we don’t have extra money for a special coverall, the 1st game after break will be a coverall instead of a regular game: receiving same amount as the rest of the games.

THE ATTENDANCE KEEPS GROWING, WE’RE THRILLED!!

To accommodate our attendees at the **catered meal** scheduled for **Tuesday, August 16th** and the **Bingo’s** which will be held **August 9th, 23rd and 30th** the Older American’s Van will be providing a shuttle service. This service will be available from the Armory parking lot. Please feel free to park there and ride the van to the Arnold F. Habig Community Center. If you have any questions on this, please feel free to call us. The van will start checking at the Armory about 30 minutes before our event at the Center. Please note there is an extra bingo day this month.



MOVIES & POPCORN: “SHALL WE DANCE”



will be shown at **1:00 p.m. on Wednesday, August 31st.** Jasper Family Video is donating the video for us to watch. **“SHALL WE DANCE”** stars Richard Gere, Jennifer Lopez, Susan

Sarandon and Stanley Tucci. This is a romantic comedy based on a Japanese film. This naturally has dance scenes plus a dance contest. Why did John Clark (Richard Gere) enter the dance studio? Come in to find out!!

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LUNCH OUT: The Great Wall will be the location for our lunch out on **Thursday, August 25th**. We'll meet at the **Great Wall at 11:30 a.m. for lunch**. As always everyone orders and pays for their own meal. **Reservations** are due in to the Center by **3:00 p.m. on Tuesday, August 23rd**.



CATERED MEAL: Join us for our monthly-catered meal on **Tuesday, August 16th at 11:30 a.m.** Sander Catering will cater the meal. Our menu will be: Chicken Cordon Bleu with Noodles, Green Beans, Glazed Carrots, 7 Layer Salad, Sweet & Sour Tomatoes, Dinner Roll with Apple Butter and Iced Tea for \$7.00 a person. Reservations are due by **12:00 p.m. on Monday, August 8th** to the Center. We will collect the money the day of the meal – please have correct change. Call 482-4455.

Please honor your reservation, if you can't make it – get someone to take your place or send the money with someone to take your meal home. Thank you!!



QUILTING BEE'S: We will hold the August quilting bees on **Monday, August 8th** and **Monday, August 22nd**. Our quilting bees run from 9:00 a.m. to 3:00 p.m. All quilters are invited. The Center will provide lunch for any Senior Citizen who quilts on our bi-monthly Quilting Days. Hope you can attend, every stitch counts!!



LINE DANCE CLASSES will be held on Wednesdays from 6:30-8:00 p.m. during August. Come join the fun at the Arnold F. Habig Community Center on Wednesday evenings. Line Dancing Classes are instructed by LaVerne Lechner. These classes are for Dubois County Senior Citizens 55 years and older. They are designed for beginners. All persons attending should wear tennis shoes. Class sessions will cost \$3.00 per dancer, payable each session. For more information call 482-4455. Hope to see you there.

CITY WEB SITE: The City of Jasper has a new web site. It is: www.jasperindiana.gov



ELLIS PARK TRIP: Due to the large response we have scheduled another trip to Ellis Park during this year's racing meet. The trip is scheduled for **Wednesday, August 24th**. Leave the Armory Parking Lot at 9:30 a.m. for Ellis Park. Travel by Charter Coach where we have seats in the air-conditioned Skye Theatre and enjoy the buffet lunch. We'll stay for all of the races. Admission, buffet, live racing program and transportation are included in the price. Cost of the trip is \$38.00. **Sign-ups start at 7:30 a.m. on Wednesday, August 3rd by phone only.** Each caller may sign up to four (4) Dubois County Senior Citizens at once. **Money is due to the Center by 12:00 p.m. on Thursday, August 11th.**

This trip is being run just like the one in July only the price is higher due to the higher price of fuel.

CLOSINGS: The Older Americans will be closed on **Sunday, August 7th** for the Strassenfest Parade.



R.S.V.P. BOOTH AT THE STRASSENFEST:

Be sure to visit your friends and support their Strassenfest Booth this year on August 4th, 5th, 6th and 7th.

LOST & FOUND: Check with the staff if you have lost an item. Our lost and found is growing.

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HAPPY AUGUST BIRTHDAYS!

1 st	Clara Hurm
2 nd	Mary Johnson
3 rd	Charlene Cooper
6 th	Mick Gramelspacher
6 th	Bernie Schnell
10 th	Susan Fleck
10 th	Anna Marie Bohnert
13 th	Alvina Schnell
13 th	Helen Newton
14 th	Fern Bonifer
14 th	Bertha Brames
14 th	Mary Lou Campbell
15 th	Anna Mae DeMotte-Heritage House
19 th	Clara Marie Beckman
19 th	Jerome Klein
19 th	Mary Wirthwein
20 th	Aggie Marks-Brookside Village
23 rd	Ambrose Eckert
25 th	Anne Welp
29 th	Betty Heichelbech
30 th	Mary Fuhs
31 st	Dorothy Schuetter
31 st	Hilda Klein

AARP NEWS: The Dubois County Chapter will meet at the Arnold F. Habig Community Center on **August 10th at 12:00 noon.** We will have a Catered Meal. Cost will be \$6.00 per person. Anyone who wishes to come, please contact Alice Apple at: 482-3024 or Bernice Kluemper at: 482-6557 no later than August 1st. Singing Seniors will be our entertainment.